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Housekeepers' Chat Monday, July 8, 1929.

NOT FOR PUBLICATION

Subject: "Modern Vegetables in Modern Ways." Menu, recipes, questions and answers from the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Making Fermented Pickles."

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"Aunt Sammy," said my Next-Door Neighbor, "can you suggest something different for dinner today? I declare I'm so tired of cooking the same old foods, day in and day out! If it weren't for fresh tomatoes, I don't know what we'd do, but even fresh tomatoes are beginning to pall on me."

My Neighbor sat down in the hammock, on the shady back porch, took off her garden hat, and fanned herself lazily.

"I'm thankful there's a breeze today," she said. "That helps some. By the way, do you have an extra copy of your radio cookbook? I lent my last copy to a friend in need, and I'll bet I'll never see the book again. So it is with my favorite recipes -- somebody's always borrowing them. Guess I'll hang a motto over my kitchen library -- Life is full of lend and borrow -- here today and gone tomorrow.' Think that would be appropriate, Aunt Sammy?"

"It's the weather," I said. "You'll get over your pessimistic mood. Here-- have a drink of lemonade, and a vanilla wafer."

"Thank you," said my friend. "Say, Aunt Sammy, could I borrow your recipe for -- "

She hesitated.

"Sure," I said. "You can borrow my recipe for Vanilla Wafers. Life is full of lend and borrow -- here today, and gone tomorrow. Here, have another glass of lemonade."

"Aunt Sammy," said my Neighbor, "I really am serious about wanting a menu for today's dinner. I've been cudgelling my brain for hours, trying to think of something appetizing, besides fresh tomatoes. Any suggestions?"

"One," I said, "would be Broiled Tomatoes on Toast, with Bacon. That's a dandy summer dish. Then why don't you try one of the modern vegetables? Go over to the grocery store, and buy some summer squash."

"Summer squash?" repeated my Neighbor. "Oh, you mean cymlings. But I can't cook summer squash!"

"Yes you can," I said. "I'll lend you my recipe. And while you're at the store, get some kohl-rabi. That's another vegetable which you should learn to cook."

My Neighbor put on her garden hat, and went shopping. An hour later she came back.

"I've ordered the summer squash and the kohl-rabi," she said. "And some cantaloupe, for dessert. I have a few raspberries in the ice box. Don't you think the cantaloupe would be nice with a few red raspberries, in each half? Let's write this menu, Aunt Sammy, to be sure I have everything you suggested."

My Neighbor added this menu to her summer dinner file: Broiled Tomatoes on Toast, with Bacon; Casserole Summer squash, or Cymlings; Buttered Kohl-Rabi; and Cantaloupe with Raspberries.

I gave her by favorite recipe for Broiled Tomatoes on Toast with Bacon:

Six ingredients for this appetizing dish:

5 firm ripe tomatoes	Salt
1/2 pound sliced bacon	Pepper, and
Butter	8 slices buttered toast

Six ingredients: (Repeat)

Cook the bacon until crisp in a skillet or under the flame of the broiling oven. Drain on paper. Wash the tomatoes and remove a thin slice from the stem end. Cut the tomatoes in half and put them in a shallow pan. Sprinkle with salt and pepper and dot with butter. Cook in the oven until softened and then place them under the flame of the broiling oven until browned. Remove carefully and put on the golden-brown, buttered toast. Arrange the bacon around the toast, garnish with parsley, and serve at once.

Next on our list is that enticing dish known as casserole summer squash or Cymlings. Five ingredients for casserole summer squash.

2 quarts diced summer squash or cymlings	2 teaspoons salt, and
3 tablespoons butter	1/8 teaspoon pepper
1 cup buttered crumbs	

Five ingredients: (Repeat)

Select young tender summer squash, wash, cut into small cubes, put into a greased baking dish, season with salt and pepper, and sprinkle the buttered crumbs on top. Put on the cover of the dish and cook in a moderate oven for about one hour. When the squash is tender, remove the lid and let the crumbs become golden brown before serving.

Need I tell you how to prepare buttered kohl-rabi? It's a very simple task. Pare young kohl-rabi and slice crosswise about 1/4 inch thick. Cook in lightly salted boiling water for about 15 minutes, or until tender. Drain, and season with more salt if needed, pepper, and melted butter or cream.

For dessert, as I mentioned before, my Neighbor served cantaloupe with raspberries. Into each half of a chilled cantaloupe she put a few red raspberries, just before serving. It was quite refreshing. I know, because I happened to be the guest of honor at this particular meal. "You come to dinner," suggested my Neighbor, "so that if anything goes wrong with these new recipes, you can tell me

what to do."

However, nothing went wrong, and we voted this dinner one of the best we've had. Shall I repeat the menu? Broiled Tomatoes on Toast, with Bacon; Casserole Summer Squash; Buttered Kohl-Rabi; and Cantaloupe with Raspberries.

Let's spend the rest of the time answering questions. There are a number of important ones today.

First question: "Do you have any directions for pickling vegetables in brine?"

Answer: I am sending you a copy of Farmers' Bulletin 1438 called "Making Fermented Pickles." This bulletin gives complete directions for pickling vegetables in brine. Cucumber pickles and sauer kraut are given most attention. Other vegetables mentioned are string beans, green tomatoes, cauliflower, corn on the cob, and some fruits, such as peaches and pears. This bulletin is a good one to have on hand during the pickling season.

Next question: Is there any difference in refined beet sugar and cane sugar for use in jelly making?

Answer: According to experiments made in the Bureau of Home Economics, there is no difference in refined beet sugar and cane sugar for use in jelly making or in canning and preserving.

Next: Will you please send me rules for canning tomatoes so that they will keep?

Answer: I am sending you a copy of the bulletin, "Canning Fruits and Vegetables at Home", which gives directions for canning tomatoes. If you pack them hot, and process them in a water bath for the time given in this bulletin, I think you will have no trouble with spoilage.

Next question: "Can you tell me how to prevent jelly and jam from oozing out over the top of the paraffin?"

Answer: When jelly or jam oozes out over the top of the paraffin, this is usually a sign that the glass is not well sealed. There are several ways to prevent this. First of all, pour the jelly into the glasses carefully so as not to get drops of it on the edge of the glass. Then let the jelly or jam stand until it is thoroughly set and the surface has dried well, before covering with the melted paraffin. If necessary, cover the glasses with cheesecloth, and let them stand in the sun for a day or so. After the hot paraffin is poured on the jelly, rotate the glass so that the paraffin will run up to the rim and form a high ridge. As a final precaution, cover the jelly glasses with tight fitting metal tops and store in a cool dry place.

Tomorrow: "A Day's Vacation," Also menu and recipe.

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